

**April 29, 2012**

## **The Rest App**

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step.

- What do you like to do for fun? Describe your ideal day.
- Do you prefer to “rest and take it easy” or “play hard” for your recreation?
- Describe a really great adventure/event on a recent vacation. What made it so great?
- Do you get enough down time or do you spend most of your free time working or doing some kind of project or errand?
- Are recreation, rest and play all the same thing? Explain.

**With your Bible or YouVersion.com, read Exodus 31:14-17 and Matthew 14:22-23**

- How much importance does God place on us getting weekly rest? Why does God take it so seriously? Do you place as high an importance on getting rest as God does? Is your life pace and rest system in line with God’s commandment?
- Do you have a hard time taking a “Sabbath day”?

Why is it hard to rest and take a break from work and responsibilities? Do you feel guilty when you aren’t productive or working?

- What are the consequences of not getting proper rest and sleep?
- What would you need to change so that you can implement God’s Rest App in your life? What is your next step in this area?

## **My Next Step Today Is To . . .**

- Give my life over to Jesus and begin to live for Him.
- Ask your spouse or a trusted friend this question - “Is my current pace sustainable?”
- Commit to implement Tip # \_\_\_\_ in my life.
- Meditate on and/or memorize Matthew 14:23

### **Talk It Over with God:**

These prayer tips can guide your time alone with God each day. Praying with a friend or a small group might help you stick to it.

- Ask God to help you be open during the “Life Apps” series to areas where He wants to work in your life.
- Ask for God’s help to implement the spiritual discipline of rest.
- Spend some time talking with God about how your “trust” of Him and your need for “rest” in Him go hand in hand.
- Pray that God will help you to be open to how you can encourage others to experience rest in their life.

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